

EASTERN REGIONAL HIGH SCHOOL

MEMORANDUM

SUMMER 2017 PROGRAM SCHEDULE

BOYS BASKETBALL

Open Gym

Tuesdays & Thursdays
July 11th to August 3rd
2:00 – 4:00 pm @ Gym 1

Early A.M. Workouts

Mondays & Wednesdays
July 10th to August 2nd
7:00 – 8:30 am @ Gym 4

GIRLS BASKETBALL

Open Gym

Mondays through Thursdays
July 10th to August 10th
9:00 am to 12:00 pm @ Gym 1

CHEERLEADING

Summer Practice

Tuesday & Thursday
July 11th to August 10th
12:00 – 2:00 pm @ Gym 3

CROSS COUNTRY

Summer Runs & Workouts

Tuesdays, Wednesdays, & Thursdays
July 11th to August 10th
8:00 – 9:00 am = Running
9:00 – 9:30 am = Weight Room

FIELD HOCKEY

Summer Practice

July 3rd, 5th, 10th, 12th, 17th, 24th, & 26th
4:00 – 6:00 pm @ McAleer Stadium

FOOTBALL

Summer Training

Mondays, Tuesdays, & Thursdays
June 26th to July 27th (OFF WEEK OF 7/3)
4:00 – 5:00 pm = Weight Room
5:00 – 6:45 pm = Practice (Grass or Turf)

BOYS SOCCER

Training Sessions

Tuesdays & Thursdays
July 5th to August 3rd
6:00 – 8:30 pm @ Softball/JV Soccer Field

GIRLS SOCCER

Summer Practice

Tuesdays & Thursdays
June 27th to August 3rd
8:00 – 10:00 am = Practice @ Softball/JV Soccer Field
10:00 – 10:30 am = Weight Room

VOLLEYBALL

July 5th to August 11th (OFF WEEK OF 7/17)

Strength & Conditioning

Mondays, Wednesdays, & Fridays
7:00 – 8:30 am @ Gym 1

Agility Training

Tuesdays & Thursdays
6:30 – 9:00 pm @ Gym 4

WRESTLING

Open Workouts

Mondays through Thursdays
July 10th to August 3rd
6:00 – 9:00 pm @ Gym 3

WEIGHT TRAINING HOURS

June 26th to August 3rd (OFF WEEK OF 7/3)

AM HOURS = Mondays, Tuesdays, & Thursdays
7:00 – 8:30 am @ Weight Room

PM HOURS = Mondays, Wednesdays, & Thursdays
3:30 – 6:00 pm @ Weight Room

ATHLETIC TRAINER HOURS

Treatment & Rehab

July 5th, 7th, 10th, 12th, 14th, 17th, 19th, 21st, & 31st

Please contact Mr. Christy at cchristy@eccrsd.us
arrange a treatment time.

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FALL 2017 FIRST PRACTICE DATES

BOYS CROSS COUNTRY

Monday August 14th, 2017 – McAleer Stadium (track) – 8:00 am

GIRLS CROSS COUNTRY

Monday August 14th, 2017 – McAleer Stadium (track) – 8:00 am

FIELD HOCKEY

*Monday August 14th, 2017 – Girls Team Locker Room – 8:00 am
Practice to follow @ McAleer Stadium*

FOOTBALL

*Tuesday August 8th, 2017 – Football Locker Room – 3:45 pm
Practice to follow @ McAleer Stadium*

BOYS SOCCER

Saturday August 12th, 2017 – Soccer/Lacrosse Complex – 8:00 am

GIRLS SOCCER

Saturday August 12th, 2017 – Soccer/Lacrosse Complex – 8:00 am

GIRLS TENNIS

Tuesday August 15th, 2017 – Tennis Courts – 9:00 am

GIRLS VOLLEYBALL

Monday August 14th, 2017 – Gym 1 – 9:00 am

FALL CHEERLEADING

Tryouts start Monday August 14th, 2017 – Gym 2 – 9:00 am

FOR COMPLETE SCHEDULES,

PLEASE VISIT WWW.EASTERNVIKINGS.ORG

AND/OR DOWNLOAD THE BIGTEAMS APP ON YOUR SMART PHONE OR MOBILE DEVICE.